



Mid County Community Recreation Center 55+ Active Adult Programs

The Mid County Active Adult 55+ program offers an opportunity to meet new friends and enjoy recreational, educational, and cultural activities. New faces are always welcome. Join us on Tuesdays and Thursdays for lunch, exercise classes, and much more!



September-October 2018 Program Highlights

September is Fall Prevention Month (Sept. 20th a Mini Falls Presentation talk during lunch time in the Social Hall)

September 22th Health Fair

October 4th - Flu Shots at 10:00 am Free Clinic from Safeway!

October 10th- "Walk Maryland Day"

October 25th-Birthday celebration for the month of September and October

We will be having a mini-trip in October. More information to come! **Regular Weekly Activities**

MONDAYS

- 11AM SENIOR FIT
- 12:30P MAH JONG

TUESDAYS

- **10AM SOUL LINE DANCING**
- 11AM TAI CHI
- 11AM RUMMIKUB
- 12N LUNCH
- 1PM BONE BUILDERS
- 2 PM BONE BUILDERS

WEDNESDAYS

- 11AM SENIOR FIT
- 1PM SENIOR STRENGTH

the front desk

THURSDAYS

- 10:30 AM ZUMBA GOLD
- 11:30AM BRIDGE
- 12N LUNCH
- 1PM BONE BUILDERS
- 2 PM BONE BUILDERS

FRIDAYS

- 11AM SENIOR FIT
- 12N-2PM SENIOR VOLLEY-BALL (HALF GYM)

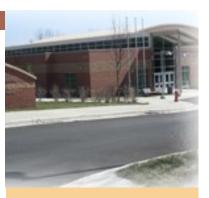
ACTIVE AGING WEEK SEPT. 24-28

SOUL LINE DANCING TUE. AT 10:00 AM

For more information about programs and activities, inquire at

Mid County Community Center Will be Closed for our Annual Maintenance & Cleaning from August 24 to

September 09, re-opening on September 10th



Senior Program Coordinator: Sonia Cartagena

Senior Program Hours:

Tuesdays & Thursdays 10:00 AM —2 PM

Center Director:

Derrick Perry

Nutrition Director:

Roe Johnson

Address:

2004 Queensguard Rd Silver Spring, MD

Phone:

240-777-6820 Hablamos Español

Center Hours:

Monday-Thursday 9 AM- 9 PM

Friday-Saturday 9 AM - 7 PM

Sunday—CLOSED

Montgomery County, Maryland is committed to complying with Americans with Disability Act, (AADA). If you need auxiliary aids or services in order to participate (such as mainstream, companion, large print, ASL or cued speech interpreter, please call 240-777-6960 at least two weeks prior to participation. (TTY 240-777-6974)